

## Brief Inventory of Thriving

**Su, R., Tay, L., & Diener, E. (2014).** The development and validation of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT). *Applied Psychology: Health and Well-Being*, 6(3), 251–279. <https://doi.org/10.1111/aphw.12027>[1](<https://psycnet.apa.org/record/2014-24659-001>)

### Comprehensive Inventory of Thriving and Brief Inventory of Thriving (\*)

Please indicate your agreement or disagreement with each of the following statements using the scale below:

- 1 Strongly Disagree
- 2 Disagree
- 3 Neither Agree nor Disagree
- 4 Agree
- 5 Strongly Agree

### Relationship

#### Support

- 1. There are people I can depend on to help me
- 2. There are people who give me support and encouragement
- 3. There are people who appreciate me as a person (\*)

#### Community

- 1. I pitch in to help when my local community needs something done
- 2. I invite my neighbors to my home
- 3. I look for ways to help my neighbors when they are in need

#### Trust

- 1. I can trust people in my society
- 2. People in my neighborhood can be trusted
- 3. Most people I meet are honest

## Respect

1. People respect me
2. People are polite to me
3. I am treated with the same amount of respect as others

## Loneliness

1. I feel lonely
2. I often feel left out
3. There is no one I feel close to

## Belonging

1. I feel a sense of belonging in my community (\*)
2. I feel a sense of belonging in my state or province
3. I feel a sense of belonging in my country

## **Engagement**

### Engagement

1. I get fully absorbed in activities I do
2. In most activities I do, I feel energised (\*)
3. I get excited when I work on something

## **Mastery**

### Skills

1. I use my skills a lot in my everyday life
2. I frequently use my talents
3. I get to do what I am good at every day

### Learning

1. I learned something new yesterday
2. Learning new things is important to me
3. I always learn something everyday

## Accomplishment

1. I am achieving most of my goals (\*)
2. I am fulfilling my ambitions
3. I am on track to reach my dreams

#### Self-Efficacy

1. I can succeed if I put my mind to it (\*)
2. I am confident that I can deal with unexpected events
3. I believe that I am capable in most things

#### Self-Worth

1. What I do in life is valuable and worthwhile (\*)
2. The things I do contribute to society
3. The work I do is important for other people

#### **Autonomy**

##### (Lack of) Control

1. Other people decide most of my life decisions (R)
2. The life choices I make are not really mine (R)
3. Other people decide what I can and cannot do (R)

#### **Meaning**

##### Meaning and Purpose

1. My life has a clear sense of purpose (\*)
2. I have found a satisfactory meaning in life
3. I know what gives meaning to my life

#### **Optimism**

##### Optimism

1. I am optimistic about my future (\*)
2. I have a positive outlook on life
3. I expect more good things in my life than bad

## **Subjective Well-Being**

### Life satisfaction

1. In most ways my life is close to my ideal
2. I am satisfied with my life
3. My life is going well (\*)

### Positive feelings

1. I feel positive most of the time
2. I feel happy most of the time
3. I feel good most of the time (\*)

### Negative feelings

1. I feel negative most of the time (R)
2. I experience unhappy feelings most of the time (R)
3. I feel bad most of the time (R)

Note: Reverse scored items are noted with an (R). Items from the BIT are marked with an asterisk (\*). The CIT subscales may be used alone or in combination with each other. Dimension names and subscale titles are presented for clarification purposes and were removed during data collection in the current study.